Chichester HERALD
Friday 11th July 2014
YOUR FREE WEEKLY NEWSPAPER
www.chichesterherald.co.uk @chiherald

Woods are the Best in the UK – For the Second Year Running!

At this years UK Coach Awards, Woods were proud to be awarded Top Small Coach Fleet Operator for the Second Year Running.

The judges said,

The winner of this award delivers consistently excellent customer service Woods demonstrated their success through sustained effort.

For each of the categories, customer nominations were sought from group organisers and other industry clients Nominated operators are also invited to submit further information to the judges. The judging process also includes mystery shopping of the nominated operators to test their commitment to customer service

Having won several awards over the years, Woods Travel has proved itself to be among the best in the business The judges were again impressed by the professionalism, dedication and high standards evident in all aspects of the business.





The Woods Team

Roger Elsmere, managing director said, 'This continued recognition is the culmination of 43 years hard work by everyone at Woods, past and present We pride ourselves on being able to provide tailored customer service from a family run company I and my fellow directors would like to thank all staff and (of course) customers for making Woods the great success it continues to be'

UK Coach RALLY & AWARDS
Recognising and rewarding excellence
Winner 2013

UK COACH AWARDS
Gold Award Winner
Top Small Fleet Operator 2014

What Woods can do for you;

- Woods operate 17 luxury coaches which are available for private hire by Businesses, schools and colleges, clubs & societies, and individuals. Seating capacities range from 16 to 53.
- Offer an extensive Day Excursion programme with local pick-up points (see page 2).
- Have a wide ranging coach holiday programme, with over 150 destinations All tours include Door-to-Door taxi transfers to and from the coach (see the inside back cover).
- An ABTA bonded independent Travel Agency, for all your travel requirements
- Cruise offers from The Sussex Cruise Club (see the back cover).
- Private Group Travel of any kind – Calling all Group Organisers – Let Woods do the work!

WOODS
Summer Brochure Launch and Open Day
Friday & Saturday 18 -19 July 10am - 4pm
Come and meet our friendly team in Aldwick for the launch of our NEW excursion and cruise brochures
Enjoy some light refeshments and enter our FREE PRIZE DRAW to win a short break! We look forward to seeing you
Woods Travel, Park Road, Bognor Regis, West Sussex PO21 2PX Tel:01243 868080

Just a small selection of our excursions available in 2014

Day Excursions From Local Pick Up Points

Price includes Coach Travel & Entry Ticket

WOODS
www.woodstravel.co.uk

Theatres, Concerts & Shows

The Commitments



The Palace Theatre London
17 August

Only **£68**

Ant & Dec's Saturday Night



Takeaway Tour, Live at The O2
30 August

Only **£89**

Lord of The Dance Dangerous Games



London Palladium
9 September

Only **£65**

Michael Palin, Travelling to Work



Theatre Royal Brighton
7 October

Only **£52**

Miss Saigon



Prince Edward Theatre, London
9 October

Only **£81**

Calamity Jane



New Victoria Theatre, Woking
5 November

Only **£48**

John Rutter's Christmas Celebration



Royal Albert Hall
11 December

Only **£60**

Irving Berlin's White Christmas



Dominion Theatre, London
17 December

Only **£63**

Houses & Gardens, Museums & Shopping

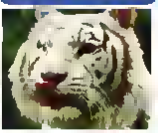
Buckingham Palace Tour



4 August and 11 September

Adult £46
Senior £44
Child £33

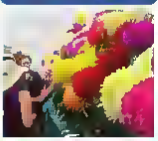
Isle of Wight Zoo & Godshill



5 August

Adult £44
Senior £42
Child £32

RHS Wisley Flower Show



4 September

Adult £33
Child £21

Houses of Parliament Tour (A) or The Household Cavalry Museum (B)



16 September

A from £49
B from £35

Rembrandt Exhibition the Finest Years



National Gallery
17 October

Adult £42
Child £37

Bluewater or Lakeside, Shopping Day



8 November

Adult £23
Child £17

The Ideal Home Show at Christmas (A) or Harrods (B)



19 November

A from £35
B from £24

Christmas Markets



28 Nov – Bath	£30
30 Nov – Lille	£59
2 Dec – Winchester	£22
7 Dec – Bruges	£59

Trains, Boats & Planes...

Rye & Steam Train Ride on Romney, Hythe & Dymchurch Railway



17 July

Adult £44
Child £30

Cowes Firework Cruise from Southampton on SS Shieldhall



8 August

Adult £67
Child £40

Red Bull Air Race



Ascot
16 August

Adult £59
Child £36

Steam Safari with lunch Kent & East Sussex Railway



26 August

Adult £78
Child £72

Royal Greenwich Tall Ships Festival



6 & 8 September

Adult/Child £25

Waverley Paddle Steamer Cruise around Isle of Wight

(Yarmouth only option available)



13 September

Adult £57
Child £34

Bovington Tank Museum Tanks in Action



30 October

Adult £39
Senior £36
Child £29

Quantum of the Seas Sailaway with Supper (Blue Funnel Cruises)



2 November

Adult £45
Child £38

Pla... separately Senior & Child ...

WOODS
www.woodstravel.co.uk

Information & Bookings 01243 868080
Brochure Request Line 01243 871666
Park Road, Bognor Regis, West Sussex PO21 2PX

UK Coach Rally & Awards Winner 2013

UK Coach Awards Gold Award Winner Top Small Fleet Operator 2014

Chichester Herald

Friday 11th July 2014
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INSIDE



Win two tickets to see Transformers Age of Extinction
COMPETITION
Page 18



Win a meal for 2 at Murrays at the Ship Hotel
COMPETITION
Page 20



How long do you expect to live a healthy life?
DENISE KELLY
Page 21

Sex abuse report released

>> *Man introduced his victims to pornographic films "to start the process of abuse"*

Suzanne Read
NEWS@CHICHESTERHERALD.CO.UK

A REPORT ON CHILD ABUSE in the diocese of Chichester has been published more than a decade after it was written, following pressure from victims.

The report on abuse between the 1970s and 2000 in the diocese and at the Cathedral was written in January 2004.

The case review followed the conviction of Terence Banks in 2001 for 32 sexual offences against 12 boys over 20 years.

The diocese said victims had "consistently asked for the full facts to be brought to light".

The review was commissioned by the then Bishop of Chichester, the Right Reverend Dr John Hind.

Banks had a long association with Chichester Cathedral and grew up living in the Treasury, before leaving home to move to London.

While living in Hammersmith, Banks often visited Chichester at weekends and took over the role of head steward at the cathedral from his father, following his death in 1989.

He was offered a church-owned property after the death of his mother in 1994.

The report said Banks was widely regarded as part of the cathedral

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Terence Banks met all but one of his victims through his activities in the cathedral

MORE HEADLINES >>

WOMAN DIES AFTER FATAL COLLISION IN MIDHURST Page 7

RESIDENTS URGED TO PLAN AHEAD AS SEVERE ACTION APPROACHES Page 8

YOUTH WORK WINS AT THE SUSSEX HERITAGE TRUST AWARDS 2014 Page 17



GOING, GOING, GONE...

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Continued from page 1

Man introduced his victims to pornographic films "to start the process of abuse"



Terence Banks was jailed for 32 sexual offences

choir's organisation, although he had no official role As a result he was able to seen as having "some power" over both choristers and their parents

He groomed and sexually abused children, both boys and girls, between January 1971 until just before his arrest in early 2000, the case review said

He met all but one of his victims through his activities in the cathedral

He took children out to tea and brought them presents

The report said he used alcohol to break down inhibitions" of his victims and would then introduce his victims to pornographic films 'to start the process of abuse".

The assaults took place at his homes in Chichester and London, and he would also show the boys round BBC studios where he worked as a floor manager in the 1970s and 1980s

One victim was taken to a hotel in Guildford and one to a sauna in Brighton Two of the boys were abused in each other's presence

The case review was set up after concerns about the way the church had responded to allegations made in 2000.

Banks was still allowed access to children while working at the cathedral, the report said.

The report said the Anglican community in the Chichester area had been "slow to change their child protection responses'

An allegation in 1991 about Banks' use of pornography with a 12-year-old was not reported to the dean of the cathedral

In the same year, two victims reported abuse which was investigated by the cathedral but police were not informed

The report said Banks' three youngest victims were 11 years old, but all were under the age of 16

In 2001, Banks was found guilty of 32 sexual offences A further eight charges, involving another three victims, remain on file He was jailed for 16 years

The diocese of Chichester said at the time of the report, case reviews were not published as a matter of course.

A spokesman said "First and foremost our thoughts are with the survivors and their families

"The effects of abuse can last a lifetime, and the passing of the years may or may not have brought any kind of healing."

Brother pays tribute



Howard Plumb sadly died on Monday

THE BROTHER of a 42-year old cyclist who died after a collision in Chichester has paid tribute to him.

Howard Plumb was taken to St Georges Hospital in London by air ambulance where he sadly died on Monday morning after his bike collided with a Honda Jazz in Knight's Hill, Charlton, near Goodwood on Saturday (5 July)

Mr Plumb was one of the world s top windsurfers who was famous around the globe

He had numerous national, world and European championship titles in windsurfing and represented Great Britain in the sport at the 1996 Olympics in Atlanta

Mr Plumb, known to friends and family as Howie, studied at Bourne Community School in Southbourne and Chichester College of Technology before completing a degree in mechanical engineering at Portsmouth University. He worked as an engineer at Pall Corporation in Portsmouth

As an active member of the i Team Cycling Club he competed at several national events including the Tour of Wessex and the End to End on the Isle of Man and numerous European races in France, Italy and Belgium.

Mr Plumb leaves a partner, Anna, parents Roger and Sue and brother Roland

Roland Plumb said 'Howie has had a huge impact on our lives and had many great friends around the world.

"The number of messages of condolences we have received has been staggering and a testament to both his popularity and accomplishments

"We need time to come to terms with this tragic event and would ask for privacy at this time."

A 54 year-old man from Sweden, arrested on suspicion of driving without due care and attention has been released on bail until 13 November

Anyone with information about the collision should call 101 quoting Op Birr or email collision.appeal@sussex.pnn police.uk.

Bonhams Festival of Speed sale raises £22.6 million



THE GOODWOOD FESTIVAL OF SPEED S annual Bonhams sale earned a staggering £22 6 million on the opening day of the world's largest motoring garden party on Friday, June 27

The star attraction was the incredible 1954 Ferrari 375-Plus, as used in iconic road races such as the Mille Miglia, Targa Florio and Carrera Panamericana, which sold for £10 7 million following a fierce battle between bidders

A 1902 De Dietrich formerly part of the Michael Banfield Collection achieved at Goodwood today an astounding £698,300.

Few cars can have come to light as spectacularly as this magnificent veteran, which was discovered during World War Two when a German bomb demolished the stable in which it had been sleeping on blocks since 1912 With just four owners from new, the powerful four-cylinder 40/80c De Dietrich is identical in specification to the works racers built for the 1902 Paris-Vienna challenge

From ancient to modern, the Bonhams sale supplied all tastes One of the most iconic sports cars of the 20th Century a 1975 Lamborghini Countach LP400 'Periscopio' Coupé – sold for a new world record £953,500 ($1.6 million USD)

Bonhams and Goodwood racing car historian Doug Nye, said "This Sale has offered a phenomenal range of really special and important cars with their various classes. Above all, each of the prime cars offered has links with some of the greatest racing drivers of all time Names like Jim Clark, Graham Hill, John Surtees and so many more It's always a pleasure to see new owners' delight as the gavel falls After all, they're winners too"

PRIVATE NURSING HOME FOR THE ELDERLY
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everything matters!

Well known in the area for providing a high level of care **Westhampnett House** is set on 3 5 acres of West Sussex's finest parkland on the outskirts of the historic city of Chichester

Boasting its own listed Dovecote Pond Apple Orchard and Stunning Gardens the handsome Grade II listed Georgian build ng together with later additions provide an idyllic setting for the nursing and recovery of the 32 residents that our Home caters for

We promise good warm old fashioned care and hospitality Come and visit us to experience this **We offer Full Nursing Care, Respite & Short Stays**

Westhampnett House, Stane Street, Chichester PO18 0NT
Tel 01243 782986 Fax 01243 778935
admin@westhampnetthouse.co.uk

Anorak Corner

interesting snippets of information about Chichester

A fine memorial statue exists at Chichester Cathedral of William Huskisson, once member of parliament for the city, but best remembered as the first man to be run over by a railway engine

Tweets of the Week

All tweets are from Chichester people or about the area. (Please tweets make explicit errors) Let us know what you think @Chiherald

@Harry_J_Green
Chichester I'm coming for you! I have wine and Chaka khan!

@Steven_Malone
Fun day. Royal Navy Submarine Museum. lobster lunch at the Crown & Anchor in Apuldram and then a walk on the beach at West Wittering. Nice

@d_le_2a3c4
@gunnesstoke Like Spam in bognor regis with linetted hankies trawling for wheiks'

@beckiehsaunders
The line from Marsham to Barnham is my favourite bit of coming back on the train to Chichester from London. Totally beautiful' #countryside

@Shazknight1978
Well this is a fine thunder storm we are having in chichester and some serious rain to go with it.

@STWHChi
Our new furniture outlet Terminus Road Chichester is OPEN! Come along to find some bargains in and of @ STWHChi pic twitter.com/ irqVnCa3ek

@George_Kinnard
Post breeding Green Sandpipers at Pagham. Six in total including a showy Adult on the Breach Pool and flac others on the Ferry Pool.

@artisancafe_chi
Thank You #chichester an amazing second day at Artisan Cafe Your kindness and custom much appreciated

@mikebrewer
Surfs up dude! Spitty's finished and test drive today at West Wrttering on the beach... what could be better?

@filmsussex
#TonyHancock filmed his 1962 film The Punch and Judy Man in #BognorRegis. Read about it on http://www.bognor-local-history.co.uk/article12.html

Local actress described as, "Easy to bed, best up against a wall"



MONSOON STUFF

Where were you in Tuesday's amazing downpour! Brought traffic to a standstill on the A27 never seen that before

ANNOYING LITTLE TMINGS

Little things that annoy tend to stick around because no one wants to seem petty enough to object to them. For example modern tills where you put your card in a slot and put in your PIN. Most of them have a handset thing for your card with a keyboard and a little display screen on it. The assistant also has a screen on the big till. Generally the big till's screen works about 3 seconds faster than the little screen does. If the assistant doesn't know this they think you're a bit slow on the uptake and say 'Please remove your card" before the words 'Please Remove Your Card' appear on the customer's little screen. It makes me think they think I'm off with the fairies

WIMBLEDON MOMENT

Sir Cliff Richard whistling with the fingers of one hand in his mouth. This is street stuff good on the gentleman

SHAMPOO ANNOYANCES

They put conditioner and shampoo in identical bottles so you often fill your hand with conditioner when you haven't shampooed yet. You have to chuck it

STREETWISE

I'm very happy living round here. I was brought up in a streetwise part of west London. Mo Farish went to the same gloopy school as me. I often wonder if the street helped his sucesss.

WHISTLING

My granddad taught me the fingers whistle. One night in London a lady was trying to get a taxi and I stepped in and whistled down a black cab. I apologised to the cabbie for the whistle as it seemed a bit cocky. He wasn't bothered. The woman thanked me, it was June Whitfield!

JUNE WHITFIELD

If you are young you may not know June Whitfield. She was the Dawn French and Jennifer Saunders of her day. The mum in Ab Fab. The funniest British woman between the reigns of Joyce Grenfell and Harriet Harman

ANNOYING JAMBUSTER JINGLE

Sprint's traffic jingle has a car horn in it and I keep checking my mirror to see who's tooting me. Annoying

ANNOYING MAN

Several years ago I was voted the second most annoying man in Britain after Mick Hucknall the Simply Red man. That was annoying on so many levels

ANNOYINGTMINGS

Giant Pandas. That TV baker Paul Hollywood. Level crossings. Batteries. The dawn chorus. The Red Arrows. Roger Federer

ANNOYING SPORTS COMMENT

I love sport. Chichester does loads of sport really well but we don't produce any giants in their field. This is because Chichester kids don't have the anger or the aching hunger or the mountains to climb to get somewhere they are already somewhere. This is grand in my humble opinion

THINGS THAT AREN'T ANNOYING EVER

The song 'To Dream The Impossible Dream'. Fish and chips. Dennis Skinner. Rain that makes us all stand still and think. June Whitfield

JUNE WHITFIELD

They named a rose after June Whitfield. She was amused to see that it was described as being 'Easy to bed, best up against a wall'

STREETWISE JOKE

"When I see a love heart carved into a tree with lover's names I don't think hey that's cute I think it's amazing how many people take knives on a date"

Contact Tommy: tommy.boyd@chichesterherald.co.uk
Follow Tommy on @TheTommyBoyd

Chichester Herald
FREE EVERY FRIDAY
Twitter: @chiherald
Suite 6b1 - 6b6 The Hornet Chichester West Sussex PO19 7BB 01243 200999
info@chichesterherald.co.uk www.chichesterherald.co.uk

Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include
Aldwick, Arundel, Barnham, Bognor, Bosham, Bracklesham, Chichester, Emsworth, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Petworth, Rose Green, Selsey and East & West Wittering.

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It really does work... the testimonials
Furniture & More, based in Terminus Road, say: "We had a couple were having a coffee in here, they picked up a Chichester Herald from this stand in the cafe. They were in Chichester looking for furniture. Having seen our advert they came around to the showrooms and having been impressed with the quality and prices, they ordered a large selection of goods from us.



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Not including private patient units at NHS hospitals. Local area defined as within 15 miles of the Nuffield Health hospital. We will match against written quotes only. Promise r valid for patients paying for themselves. Where possible we promise to assist you to receive any follow up advice, treatment or care that is clinically required from your Consultant for as long as you may require it. If a prosthesis is used as part of your treatment this is guaranteed for the manufacturer's official lifetime of that prosthesis. 'Clinically required' indicates where further intervention and/or monitoring of a patient's condition is deemed necessary as a direct result of surgical intervention.

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Driver runs over grandfather who told him to move his car

POLICE are appealing for witnesses after a driver ran over a man's foot after an argument over parking near a school in Rose Green, Pagham.

At about 3.30pm on Monday 30 June the 69-year-old victim asked the driver of a dark blue Vauxhall Astra to move his car because it was causing an obstruction in Greynville Close, close to Rose Green Junior School.

The driver verbally abused the victim before rolling his car over the foot of the victim, who was with his grandchildren.

The victim put his grandchildren in his own car and was then confronted by the driver and two other women who shouted abuse at him.

The 69-year-old then had to drive over a grass verge to get around the Vauxhall, which was still blocking the road and had a registration that began 'KJ'.

PC Emma Lacey said: "The victim suffered a broken toe but was also subjected to some nasty abuse in front of his young grandchildren.

"I would like to speak to anyone who was in the area at the time and who may have seen what happened.

"I am also keen to speak to any residents or the parents of children at the school who may know who the Vauxhall owner is as the incident happened at the end of the school day."

Anyone with information should call 101 quoting serial 1706 of 30/6, email 101@sussex.pnn.police.uk or call the independent charity Crimestoppers anonymously on 0800 555111.

Man arrested for rape

A MAN has been arrested on suspicion of rape in Bognor.

A 23-year-old woman was walking home on Saturday morning (July 5) after getting money out at Tesco Express on Station Road when she was approached by a man on a bicycle at about 1.20am. They walked together and she was raped by a garage block at Norfolk Square.

A 29-year-old man from Bognor has been arrested on suspicion of rape and remained in custody on Wednesday.

Slindon community store robbed

A MAN is wanted by police after he broke into a cafe in Slindon.

At 7pm on Tuesday 1 July the alarm went off at 'The Forge' a community-run cafe/shop in Reynolds Lane, Slindon. The manager who lives nearby went in to investigate and was threatened with a sledgehammer by a man who had broken in at the rear of the shop. She ran off, unharmed, and the man disappeared.

A small safe in the shop's office had been broken open and cash, believed to be several hundred pounds, had been taken.

The suspect is described as white, stocky, about 6' tall, with dark eyebrows, and was wearing a balaclava, a black leather zip-up jacket, and jeans.

Detective Sergeant Jason Vickers said: "If you were in the Slindon area early on Tuesday evening and saw this man or have any other information that would help, please contact us via 101 or email 101@sussex.pnn.police.uk quoting serial 1339 of 2/7. You can also call the independent charity Crimestoppers on 0800 555 111."

Woman dies after fatal collision in Midhurst

A WOMAN pedestrian has died after being in collision with a lorry in Midhurst on Wednesday (9 July).

Emergency services were called to the scene in North Street at 11.13am but the 79-year-old woman from Midhurst had sadly died of her injuries at the scene.

The lorry driver, a 62-year old man from Watford, Hertfordshire, has been arrested on suspicion of causing death by careless driving and is currently in custody.

North Street is likely to remain closed until 5.30pm while forensic investigations take place and motorists are asked to avoid the area if possible.

Any witnesses who were in North Street and saw the collision are asked to contact police on 101 or email collision.appeal@sussex.pnn.police.uk quoting Operation Cairo.

Chichester man charged with drink-driving

A CHICHESTER man is to appear in court after being charged with drink-driving.

Matthew Horton, 34, was arrested at 2.30am on Sunday (20 July) after a crash in Graydon Avenue, Chichester.

Horton, of Graydon Avenue, Chichester, was charged with drink-driving and released on bail to appear at Worthing Magistrates' Court on 21 October.

A total of 93 people have been charged so far as part of Operation Dragonfly, Sussex Police's crackdown on drink and drug driving in June.

You can text officers on 65999 with the details of people you suspect of drunk or drug driving or visit www.operationcrackdown.co.uk to report them and give their details and information about their vehicle.

If you know someone is driving while over the limit or on drugs call 999.

Chichester College Sport Centre - Open to everyone!

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Fitness Suite



The facilities at Bodyworks include
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FREE Fitness Class
Please call to book a session, as class numbers are limited. A

Fitness Classes

DAY	CLASS	TIME	PRICE
MON	Zumba	5.15 – 6.00pm	£3 / £4.50
	Boxercise	6.05 – 6.50pm	£3 / £4.50*
	High Intensity Core	7.00 – 7.55pm	£3 / £4.50
TUES	Spin	5.45 – 6.30pm	£3
	Pilates (Beginners)	6.45 – 7.30pm	£3 / £4.50*
	Pilates (Intermediate)	7.30 – 8.30pm	£3 / £4.50*
WEDS	Xpress Spin	7.15 – 7.45am	£3
	Body Conditioning	5.30 – 6.15pm	£3 / £4.50
	High Intensity	7.30 – 8.30pm	£3 / £4.50
THURS	Pilates	1.25 – 2.10pm	£3 / £4.50
	Spin	5.30 – 6.15pm	£3
	Pilates (Beginners) Starts 10 July	7.00 – 7.45pm	£3 / £4.50*
	Trampolining (Sports Hall)	7.30 – 8.30pm	£5
	Fitness Pilates Starts 10 July	8.00 – 8.45pm	£3 / £4.50
FRI	Boxercise	19.00 – 20.00	£3 / £4.50*

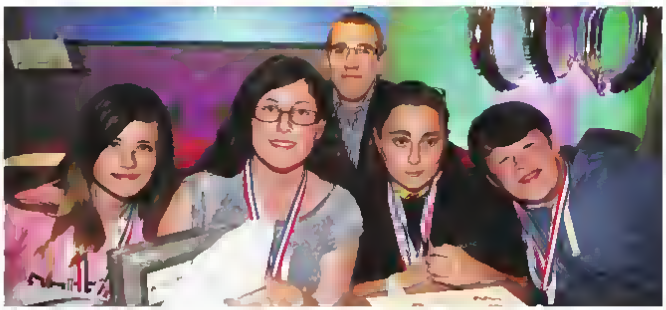
PRICES: £3.00 for Staff/Students/Members £4.50 for Non Members
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Chichester college

School makes UK final of Consumer Challenge Quiz



The team from St Anthony's School

A CHICHESTER SCHOOL has made the finals of a national competition about consumer rights

A team of year 10 pupils from St Anthony's school in Chichester have just arrived home after competing in the national finals of the Trading Standards Institute Consumer Challenge Quiz in Harrogate.

The team - Faye Wake, Joshua Robinson, Carleigh Barker and Chloe Rackstraw - won the regional heat earlier in the year to gain their place in the finals in Harrogate.

The Consumer Challenge Quiz, which has been running for 10 years, is aimed at teaching children who attend special schools consumer rights and supports West Sussex County Council's 'start of life' priority area.

There were six rounds in each stage of the competition covering topics ranging from consumer rights and scams to personal safety, fire safety and motoring laws.

After a long and tiring six hour train journey the pupils flew through the knockout stage of the finals to gain their place in the grand final. Against tough competition they finished 4th overall in the final round. Each team member won a goody bag of prizes including brand new touch screen tablets!

Head Teacher of St Anthony's, Helen Ball, said: "We are immensely proud of their achievements and they were a real credit to themselves and the school throughout the entire competition."

Lionel Barnard, Cabinet Member for Residents Services which covers Trading Standards, said: "This is a fabulous achievement for the team from St Anthony's. This quiz is a great way of teaching children with additional needs about consumer issues that may affect them."

Residents urged to plan ahead as strike action approaches

COUNCIL SERVICES across West Sussex and schools are expected to be affected by this week's strikes.

Five Unions have now announced industrial action on Thursday, July 10.

The National Union of Teachers will strike due to its ongoing dispute with the government about pay, pensions and working conditions and Unison, Unite and the GMB will strike over opposition to the government's 1% pay award that has been offered to Local Government Staff. The Fire Brigades Union also announced this week that its firefighters would be joining the industrial action on Thursday, as part of its continuing dispute with the Government about pensions.

The County Council has stressed that the industrial action is the result of national disputes between the Government and the various unions and it has no control of the situation locally.

Whilst the County Council will be taking action to try and minimise the impact of the action on critical frontline services, it is inevitable that some services will be affected, and some school closures are expected.

Parents are being advised to check with their child's school to see what impact the action is likely to have and whether the school will be closed, either fully or partially.

Residents are also being warned to expect some disruption across council services. WSCC will not know until the day the full impact of the strike but is working to ensure contingency plans are in place.

Details of any school or service closures on the County Council website at www.westsussex.gov.uk or by checking individual school websites. Full updates about the strike impact on council services will also be made available at www.westsussex.gov.uk.

The Council's call centre will remain open during the day as usual.

Further information will be available on the WSCC website at www.westsussex.gov.uk in the run up to and during the strike.

Fantastic fundraising for Aldingbourne Trust



Tone Zone Runners chose Aldingbourne Trust to be their charity of the year and raised £830

THE ALDINGBOURNE TRUST has been recipients of some generous fundraising recently.

The Inner Wheel Club of Chichester chose Aldingbourne to be their charity of the year and they presented the charity with a cheque for a fantastic £3,800.

The group raised money through various events including a fashion show with Viyella clothes store, club socials and the excellent Lordington Lavender event.

Aldingbourne Trust spokesperson Nicki Clarke said: "We would like to thank the lovely ladies of the Inner Wheel for supporting us during the last year.

"We greatly appreciate the then club president Zena McDonald for choosing Aldingbourne and holding the fundraising events. I was honoured to be a guest at the fashion show and the turn out was very impressive, local Inner Wheel Clubs came out in force to attend the event."

Local running group, the Tone Zone Runners also chose Aldingbourne Trust to be their charity of the year and raised £830. A member of Aldingbourne, Robert Little, runs with the group and was delighted that they chose to support the charity that supports him.

The club held various events and raffles, including putting a unique spin on Wear Green for Aldingbourne and ran in green outfits through Bognor. Keeping with the sport theme, the Chichester Racquets and Fitness Club held a fundraising Ball raising over £1,000. They have also chosen to support Aldingbourne as their charity of the year and the Trust would like to thank them for their generosity.

As a local charity, Aldingbourne Trust relies on the support and generosity of the local community, businesses and groups.

The non profit organisation supports adults with learning disabilities to live independently and provide them with opportunities available to everyone, including the possibility of finding employment.

Selecting Aldingbourne to be your charity of the year provides invaluable support through fundraising and raising awareness of the charity's work.

Trust representatives can come out to give informative talks about the charity, and also give tours around the main site at the Aldingbourne Country Centre. The Country Centre is a perfect opportunity to see the charity at work, you can see many of the social enterprises in operation such as horticulture, horse rugs cleaning, cafe and wood recycling.

Adults with learning disabilities work and train at the Country Centre and are proud to showcase their work.

For more information please visit the website www.aldingbournetrust.co.uk or call 01243 544607

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From Borgen to bikes, Borscht to 'Bee-sting' cake – I want my slice of Baltic



Allis Moss

On the Case

Less than a hundred miles at its most northerly point and 3-degrees south of the Arctic Circle, life in the Baltic seems to have the usual assortment of pluses and minuses. A midnight sunset and luminous summer evenings offset by long, dark winters with some July days suffering an identity crisis like ours. Maybe a sense of being isolated from the main action, and, for a 5ft 2ins short-house like me, a crick in the neck from looking so many blond giants in the eye. But having just spent a week in the balmy Baltic, I am asking myself why we can't have more than a slice of that. It's not just Abba and roll-mop herrings. They've got great telly, holiday homes on lakes and a laid-back lifestyle.

Baltic drama queen

Taking the Baltic at face value, I feel like I am living the lifestyle vicariously once a week in Chichester. Either I'm watching the Swedish detective series Wallander or the political drama Borgen, set in Copenhagen. Millions of us read Stieg Larsson and his Girl With the Dragon Tattoo series, or Wallander-creator Henning Mankell or Jo Nesbo, though I'm less keen on the latter who combines being a best-selling author with pop-star and the role of economist – almost the same thing in the current environment. Strong female characters as well as complex men, as personal lives interweave the professional, that to my mind, don't deal in cliches or fast action and cut-away camera shots at the expense of building a good storyline.

Icing on my layer cake

This is definitely the place to live out the Badedas fantasy in a hot-tub preferably overlooking a valley, or in a Finnish sauna in an oasis of dreamy lakes and lush forests, reading a crime novel with curling pages for good measure. A dietician once told me the Nordic diet featuring staples like fresh salmon and low fat reindeer meat is even better for us than the olive oil-based cuisine of the Med. I still had to exert a large dollop of restraint to wave aside cinnamon buns and Baltic German 'kuchen' like Bienenstich, the 'bee sting' cream cake topped with caramelized almonds.

Friendly old girl of the sea

I didn't get to see the Hans Christian Andersen statue made famous by the Hollywood film with Danny Kaye but now I've spent a day walking the boulevards in Copenhagen, I wish we had some of what they've got here in Chichester. It's the Monday rush hour and it's a capital city, but I watched hundreds pedalling home from work along wide, safe bicycle lanes. There were no traffic jams and clean streets. I wandered in the courtyard of the Danish Parliament building, that I've seen in Borgen, incorporated within the Christiansborg Palace, former home of royalty, without security challenging me, only a lady at the ticket counter smiling a calm greeting. Yes, I know we can't do it like this. Even Prince Andrew was stopped by police strolling in Buckingham Palace not so long ago, but being carefree felt good.

Elegance on two-wheels

It's not the right way to ride a bike, without a helmet in high heels, but I couldn't help but be impressed with all those Freyas and Ingas freewheeling home, long, sun-kissed legs in skirts and high heels. I was even only slightly jealous of the legs even if I was glad to note some of these golden goddesses had dark roots. Still, I'm tempted to burn my baggy tracksuit bottoms. It's part of this breezy, island-city charm. Stockholm is built on an archipelago of 14 islands, Copenhagen on two and there are thousands of islets out in the Gulf of Finland, anchored in the milky sea of the lingering twilight.

Nostalgia or not?

In the Estonian capital Tallinn, children gathered for a song festival along with the rest. They seemed unselfconscious, enjoying a simple day out of fetes with brass bands and ice-cream. I'm not suggesting we replace every Xbox with apple-bobbing or playing snap but it was good to see so many youngsters enjoying their childhood like I think we used to. I didn't see a single one in overtly adult outfits, designed by fashion houses that sexualise kids too young, to enhance their profits.

And finally

To whoever invented the first jigsaw puzzle, a watery apology and wavy grin like Wallace faced with an imperfect cheese, but I have never had the patience. Can I claim a deprived childhood because we never dusted down Cluedo at Christmas? The thing is, I am impressed by Pete, a fellow Brit on the Baltic circuit, who finished a 1000-piece jigsaw in two days with the help of friends.

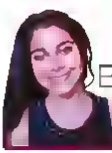
"I lose myself in the jigsaws," says Pete. "It's meditative, like Buddhism, a chance to switch off. And once I start, I have to finish the whole jigsaw."

Methinks I ought to start one once a year to learn Pete's patience. A bit like the scarf I began knitting in primary school. I'll do a bit each year.

I'll be writing more about my time in the Baltic in the coming weeks.

Contact Allis: allis.moss@chichesterherald.co.uk

The Clumsy kind of Cool



Mia Edwards

It was while in Boots yesterday as I ran to my friend and tripped in the middle of the aisle, soaring majestically through the air, that I had a sad and sudden realisation. Things like this just don't shock me anymore. I am the least graceful person on the planet, ask anyone.

I'm the girl who sings loudly to break down awkward silences. I'm the girl who the ballet teacher stops the class for so that she can work on landing on the floor without sounding like a plane that's crash landing. I'm the girl who has an old crumbled biscuit in her bag that she brought into town once and forgot was there. I'm the one who cannot eat attractively and so is forced to stuff things into her mouth and allow her face to inflate like a balloon. I'm the girl who tries to sexily sweep her fringe back and then finds that her fingers are tangled in a knot so she can't remove her hand.

I'd love to be able to feel that I am just about normal levels of clumsy and unsubtle, but I have evidence that this is not the case. I'm actually KNOWN for being these things, as well as having high levels of disorganisation and gullibility.

There are always people like me – you could be one of them. My friend remarked to me the other day 'Mia, before we were friends I thought you were cool. But whenever people get to know you, they realise that you just so aren't. You're odd.' I didn't even have the heart to be offended. I'm the opposite of cool. I'm a disappointment.

But if you're reading this and feel that you can relate, I'd like to say something for our kind, we may not be able to do sensual dancing without falling over, we may always turn up late for things, and we may be sitting here writing this article with a swollen ankle, but we are the BEST kind of disappointment. I'm not denying that I am graceless and a bit awkward. I'm in fact embracing it. I may under no circumstances be able to walk in a straight line, but dammit I will walk to my goals no matter how many times I trip, with or without my cool intact. Now if you'll excuse me I need to go grab an ice pack for my foot.

Photo of the week

#Chichesterphoto



@royal_sportsman

Touring cyclist group from South Downs Velos & Biking Belles in Chichester enjoyed stay

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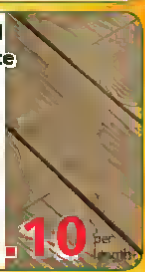
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Ride2Chi finds out the first event of its kind took place in 1913

LAST SUNDAY (6 July) saw organisers of the annual Ride2Chi event congregate along West Street in an attempt to recreate the scene photographed in 1913 when the first ever organised gathering of motorcycles in Chichester took place.

Supported by Chichester City Centre Partnership and Chichester Chamber of Commerce, Ride2Chi sees around 250 motorbikes line up along North Street and East Street in Chichester and this year takes place on Sunday 27th July. Organisers were astonished to be given a copy of an old sepia photograph showing the first ever organised gathering of motorcycles in Chichester taken in April 1913 – possibly a precursor for the Ride2Chi?

Peter Redman, author of books including Goodwood Remembered and Goodwood Anecdotes had the photograph in archive and believes it was taken at the end of March or the beginning of April, 1913. It is believed to be the first meeting of the Chichester Motorcycle & Car Club.



1913 Motorcyclists: 2nd motorcycle from right Arthur James Grainger with his wife Mary Rose in the side car. Car on the right Albert Humphries

Farid Ahmed, Ride2Chi committee member was handed the photograph by Peter and comments: "I was utterly astounded! We honestly believed our event last year was the first of its kind in Chichester but here it is, literally in black and white! We were impressed by their turn out – in the days of no social media or even telephones. Mind you, the gathering did take place outside a trusty pub!"

The photo shows around 100 people with motorbikes lined up outside what was the Anchor Hotel and Dolphin pub in West Street, Chichester. And little has changed in West Street since this photograph was taken.

Farid continues: "We attempted a recreation of the scene, but concerns of the power of social media nowadays meant we were rather cautious! We didn't want a full dress rehearsal for the 27th July! But we're pleased we were able to mark the occasion – and will try to do so again during the actual Ride2Chi event – bus schedules permitting."



2014 Motorcyclists include L to R: Phil Waetton, Farid Ahmed, Gail Egan-Friendly the Jack Russell, Lee Davis, Kenrick Garaway, David Robinson, Harry Henley, Saskia Hooper, Sue Benham, Timo Hooper, Mark Hooper

This year's free event, sponsored by Chandlers BMW Brighton with proceeds going to Kent, Surrey & Sussex Air Ambulance, takes place on Sunday 27th July when hundreds of motorbikes will descend on Chichester from Northgate car park, with 250 lining up on display along North and East Streets for the public to view. Any additional motorbikes are invited to remain parked up in Northgate car park for the duration of the event. At 2pm, the motorbikes will spectacularly ride off the precinct in a cavalcade.

School's top date at royal home



A SCHOOL in West Wittering has won an award at Highgrove, the Gloucestershire home of The Prince of Wales.

West Wittering Parochial Primary School won a WWF Green Ambassadors award and were presented with their prize on 27 June at Highgrove. The Green Ambassador scheme aims to encourage a new generation of sustainability champions. It is aimed at inspiring primary school children (5-11 year olds) to become active in making their school greener by looking at issues such as reducing energy, food, encouraging wildlife and reducing waste.

West Wittering Parochial Primary School in Chichester won the Energy award. The Head Teacher, Sue O'Boyle and the pupils were presented with their award by Debs Goodenough, the Head Gardener at Highgrove.

Head Teacher, Sue O'Boyle said "The children of West Wittering Parochial Primary School have had the most wonderful time as WWF Green Ambassadors at Highgrove. What they have seen here today will encourage them to pass on the sustainability message."

During their time at Highgrove, pupils helped The Royal Entomological Society mark National Insect Week by undertaking an insect survey at Highgrove. Pupils will be joined their scientists to help them find out about the diversity of insect life that lives in The Prince of Wales' garden!

Green Ambassadors were also given a private tour of the beautiful organic gardens at Highgrove. There they learnt about how His Royal Highness has incorporated sustainability principles into the way that the gardens are managed. The pupils were accompanied by members of the gardening team at Highgrove, which gave pupils a unique opportunity to talk with the team that work in the gardens throughout the seasons.

The Green Ambassadors also worked with communication experts from WWF and sponsors, Alpro, to define what it is about nature that they loved. Together they used this passion to encourage others to develop the same interest in the natural world by producing short video messages which were created in a specially created video pod.

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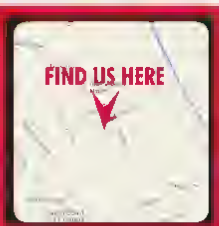


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National News

News in Brief

• AGP who sexually abused patients over more than 25 years is serving a lengthy jail sentence, it can now be reported. Andrew Johnson, 62, from Bawtry, South Yorkshire, targeted women and girls between 1979 and 2006. At Sheffield Crown Court in April, he was jailed for five years for 15 offences. The sentence was increased to nine years by the Appeal Court in June.

• A 17-year-old boy who was mauled to death by a polar bear on an Arctic exhibition found a paw print two days earlier, an inquest has heard. Horatio Chapple, from Salisbury, was on an adventure holiday in August 2011 with the British Schools Exploring Society (BSES) when he died. The Eton schoolboy was asleep in his tent when the bear dragged him out, inflicting fatal injuries.

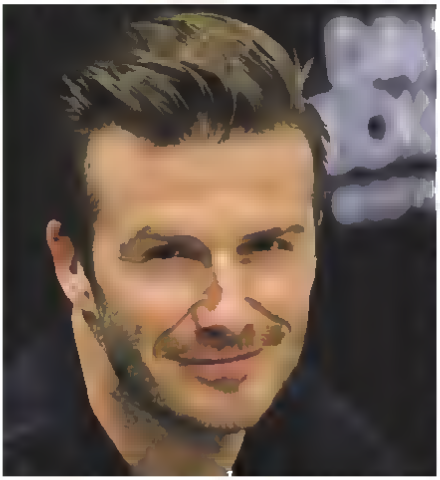
• People should go to work and not join Thursday's (yesterday) public sector strike, David Cameron has said, as he repeated a pledge to change strike laws. The PM said the "time had come" to set thresholds on union ballots and pledged to include this in the Tory manifesto.

• Investigators found "clear" evidence "bird strikes" caused a helicopter crash which killed four people. Capt Christopher Stover, Capt Sean Ruane, Tech Sgt Dale Mathews and Staff Sgt Afton Ponce died on a training mission near Cley, Norfolk, in January. They were in an HH 60G Pave Hawk, which was part of 48th Fighter Wing at RAF Lakenheath in Suffolk.

• A teacher has admitted sexual assault by sniffing the feet of schoolchildren in Lancashire. Martyne Airey, 52, of Parkinson Street, Blackburn pleaded guilty to eight counts of sexual assault on a child under 13 at Burnley Crown Court. The charges related to pupils aged between eight and 11, between June 2012 and October 2013.

• The chief constable of Humberside Police has written to schools asking for the children of officers to be given holiday leave during term time. Justine Curran said the force had to restrict leave during summer and Christmas for operational reasons. Head teachers in England can only grant absence during school time in "exceptional circumstances". Ms Curran has asked head teachers to use their discretion to "fully consider" holiday requests.

David Beckham among 33,000 to receive new tax demand



SOME OF THE BIGGEST names in business, entertainment and sport will soon be receiving letters demanding payment of disputed tax bills.

Under the new finance bill, which will become law in the next few weeks, HM Revenue and Customs (HMRC) will gain new powers to make them pay upfront.

About 33,000 people who invested in tax avoidance schemes will be affected.

Among them are footballer David Beckham and business leaders such as Centrica chief Sam Laidlaw.

The list also features current regulators including former London Stock Exchange boss Clara Furse.

About 33,000 people who invested in tax avoidance schemes will be affected.

They will be asked to pay the disputed tax within 90 days of receiving the letter.

They will only get the money back if the dispute is eventually settled in their favour.

They may get the money back if HMRC ultimately loses legal arguments, but in the meantime, the money will be in the Exchequer rather than in their pockets.

The government hopes the new rules and the inability to defer tax payment for years will make these schemes less attractive.

A spokesman for HMRC described the new powers as a "game-changer" in the battle against tax avoidance.

There are many different types of scheme, but most involve the investor putting money into a venture that, on paper at least, makes losses.

Those losses can be set against other earnings, bringing the individual's total income down, resulting in a lower tax bill.

The tax authorities consider this to be deliberate avoidance of tax and are challenging the legality of many of these structures.

Investment schemes to finance films share some of these characteristics.

A spokesman for one company that arranged film financing schemes said they helped fund investment in films including Avatar and The Life of Pi.

He pointed to successive governments' policy of encouraging investment in UK films by offering favourable tax treatment.

Speaking to the Treasury Select Committee, HMRC's chief executive, Lin Homer, said that some of these schemes required investors to pay into a potential litigation fighting fund and to promise not to come to any personal agreement or settlement with HMRC.

That, she said, should have set alarm bells ringing and was evidence of the true nature of these arrangements.

In addition to being granted the powers to demand payment now for tax bills still in dispute, HMRC is also seeking additional powers to take money directly from individuals' bank accounts.

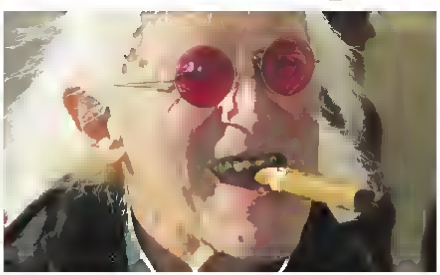
It says it needs this power in exceptional circumstances when tax bills that are not in dispute are still not paid.

It says there are some 15,000 of what Lin Homer called "recalcitrant debtors".

That proposal is currently undergoing a consultation process that ends in three weeks.

If approved by parliament, which is by no means certain, it will be in force in a year's time.

NHS Trust spends £1m on inquiry



AN INVESTIGATION into allegations that Jimmy Savile preyed on children in hospital wards across Leeds cost more than £1m, it has been revealed.

A report found 60 patients and staff aged five to 75 years old had been abused by the BBC presenter at Leeds General Infirmary (LGI) over 50 years.

It was the culmination of an 18-month investigation commissioned by Leeds Teaching Hospitals NHS Trust.

The trust said the inquiry was 'robust' and "thorough".

A spokesman said: "The amount spent reflects the significant task the investigation team faced and the need to have a credible and experienced team in place."

The figures came to light following an inquiry by BBC Look North to the trust.

The bulk of the cost was spent on staffing and legal fees.

The investigation required the location and analysis of more than 1,300 documents as well as tracing and interviewing more than 200 witnesses.

Of the 60 alleged victims, 33 were patients, of whom 19 were children. A further 19 were staff.

Most of the incidents happened at LGI but some occurred at St James' Hospital.

Encounters ranged from lewd remarks and inappropriate touching to sexual assault and rape.

Device charging advised for any UK flight

ALL PASSENGERS flying into or out of the UK are being advised to ensure electronic and electrical devices in hand luggage are sufficiently charged to be switched on.

Extra security checks came in at some UK airports last week for flights to the US, but these will now be extended.

The government says the checks apply to unspecified flights to and from the UK.

It comes after an apparent terror threat prompted the US to announce extra security checks last week.

But the Department for Transport (DfT) has now issued updated guidelines, saying: "In line with the US advice, passengers on some routes into and out of the UK may now also be required to show that electronic devices in their hand luggage are powered up or face not being allowed to bring the device onto the aircraft."

The department said that "for obvious reasons" it would not elaborate on the routes affected.

Chichester Business

Sun, strawberries and a possible financial crisis?



As I write this article the sun is shining on Wimbledon and it's reported that the economy is doing well, with house prices back to 2007 figures. But as the weather forecast for the tennis finals is rain, so is the economic forecast for the economy.

With Robert Peston, the BBC's Economics Editor, predicting the next financial crisis, what will this mean for your business? Wimbledon has learnt and installed a roof for Centre Court, but have you learnt from the last financial crisis and the resulting recession?

It is sad to say many businesses will plough on as before in the hope they can buy their way out of any future problems should they come, ignoring the old adage 'Work smarter, not harder'. For most they haven't the time to consider what working smarter means – sounds good but I have a business to run. When in fact it simply means stepping back, slowing down and taking time to see the bigger picture.

Most, like myself, go into business because they love what they do, be it marketing, web design or selling herbal medicine. However, but as the business begins to grow, so does the work load. You have to get the work, do the work and then comes the paperwork. So what's the answer? And who will help you with getting on top of your business and not being 'in the business', as many business owners tend to be.

I had the pleasure of meeting with Kennick Garraway recently, the founding Director of Business without Barriers and whom has been supporting organisations to grow for over 15 years, specialising in leadership and management development. He is practised in offering the right support to small to medium sized businesses and is working hard to ensure those in the Chichester community know there is practical and affordable help available through the use of his services.



"There is a great need to separate the operational part of your business from the strategic" Kennick told me. "For some that means reading a good book such as Steve Covey's 'Seven Habits of Highly Successful People', others may need hands on help in developing their leadership and management skills. Either way don't wait for the next external crisis to ruin all you have done, instead get a roof, climb up and get on top of your business."

Currently Kennick's offering a **free business health check** to all who email him, making reference to my column which is great. I have certainly picked up some very useful tips that I am already applying to my business.

So what's stopping you? Contact Kennick on kennick@fastmail.fm today.

Do you run a business in Chichester? Then share news with Kylee about any events, problems or opinions you have about matters that may be affecting you, which may be discussed within a future column. e: Kylee@MindeyeManagement.Com t: @MindeyeMgmt

Managers 'work extra day per week in unpaid overtime'

ALMOST HALF of UK managers work an extra day of unpaid overtime per week, a study into working practices has suggested.

Work pressures and easy access to email through smartphone technology leave over 90% of managers working outside contracted hours, the study found.

Around 13% of managers work two days unpaid overtime per week, the Institute of Leadership and Management said.

Business lobby group CBI said UK firms are addressing the issue.

Around two thirds of UK managers feel under pressure to work extra hours from their employers, the Institute of Leadership and Management (ILM) said.

"When you add up all the skipped lunch breaks, early morning conference calls and after hours emails you see just how widespread the extra hours culture is within UK business," said ILM chief executive Charles Elvin.

"Of course, all organisations face busy periods when employees will feel motivated to work above and beyond their contractual hours.

"But excessive hours are not sustainable – there are only so many times you can burn the midnight oil before your performance, decision making and wellbeing begin to suffer," he added.

An online survey of 1,056 ILM members found that 76% routinely work late in the office or at home, 48% regularly work through their lunch break, and more than one third work at weekends.

Smartphone technology has added to pressures to work, with some managers "obsessively" checking email outside of office hours, Mr Elvin said.

"We all know how stressful it can be to receive an urgent late night email when you feel compelled to respond immediately," he said.

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Or email CV to **admin@westhampnetthouse.co.uk**





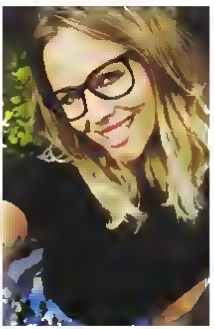




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Kimberley Walsh calling for last specs selfies Chichester



GIRLS ALOUD singer and West End actress Kimberley Walsh is calling all glasses wearers in Chichester to snap a selfie in their specs to be in with a last chance of winning a £10,000 jackpot and a dream holiday.

Kimberley has teamed up with Specsavers in Chichester and anti-bullying charity Kidscape to champion the annual Spectacle Wearer of the Year competition. She is seeking a special specs-wearer with Something Kinda Oooh, and with only three weeks to go, competition is fierce.

This year's overall winner will be presented with £10,000 in cash and a dream holiday to the Bahamas at a star-studded event hosted by Gok Wan later this year.

Rhys Williams, store director at Specsavers in Chichester, says "We know how much people in Chichester love their glasses and we're out to find the person who loves them the most! There are five different age categories so there's something for everyone.

Kimberley says: "It's been brilliant to see so many entries so far from Chichester. It's obviously a place where people love their glasses but there must be more people out there and I really want to see them.

"We've raised more than £7,000 this year so far for Kidscape but it's great that there's still time. This year the competition is all about wearing your glasses with pride."

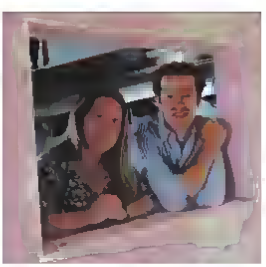
Kimberley is the face of Specsavers' Love Glasses campaign and the associated Spectacle Wearer of the Year competition, which sees £1 donated by Specsavers to Kidscape for every entry.

There are four age categories – 16-24, 25-39, 40-59 and 60+ – as well as a Facebook favourite voted for by the public. A winner from each category will win a VIP makeover and will attend the celebrity-studded grand final in London at 6 Northumberland Avenue on 7 October.

To be in with a chance of snapping the biggest accolade in the specs-wearing world, specs wearers can enter the competition online, www.specsavers.co.uk/loveglasses, via Facebook, www.facebook.com/specsavers, or at their nearest Specsavers store.

The ultimate Spectacle Wearer of the Year winner will receive £10,000, plus a week's holiday for two in the Bahamas courtesy of the Grand Lucayan Beach & Golf Resort and a wardrobe of specs to suit every style.

Sparks Yard on the up



HUSBAND AND WIFE team Holly and Andy Heygadon reach for the stars as they prepare to take their successful brand Sparks Yard to the next level.

Since opening their doors in 2003 Sparks Yard, in Arundel, West Sussex has become an award-winning lifestyle destination store, specialising in contemporary gifts, homeware and cookware. But owners Holly and Andy are not stopping there. The entrepreneurial duo are in the midst of transforming the whole top floor of the Grade II listed Victorian building into The Loft, a 2000sq foot cafe, bar, kitchen. Though works are in full swing to get ready for launch later this month, it's most certainly business as usual as shoppers eagerly await the latest addition to this destination store.

The idea to expand their business and open a kitchen has been in the pipeline for some time. "We love gorgeous homeware, furnishings and gifts and we love eating out. It was the missing link," reflects Holly. "We had to explore other avenues of course, to make sure we were making the right decision, but in our heart of hearts we knew what we really wanted to do."

Andy says, "We looked at going into clothing retail, vintage furniture but as we are both massive foodies, as are many of our customers who come to Sparks Yard, it was a no-brainer that we expanded into food."

Holly continued, "When you come to our house we will always try to feed you, and that's what it is like here at Sparks Yard. This is how we live, and we wanted to share that with everyone."

Andy goes on to explain that the whole process started years ago, "We didn't actually have the space as the top floor in the Sparks Yard building was used as an architecture practice. When it finally became available we were able to put our dreams into reality."

After much planning, pitching and presenting of ideas to investors and bankers the business model was formed and the real hard work started. "It hasn't all been plane sailing of course, we've had to overcome several hurdles to get to this point, but we are very lucky to have received a lot of support along the way. West Sussex County Council have been very positive, and the support of the local people of Arundel and our existing customer base has been very encouraging," explains Andy.

Holly and Andy had to do a 'Dragons Den' style presentation to a panel of councillors to get the much coveted Be The Business Grant from West Sussex County Council to help with the renovation costs. The grant of up to £30,000 is to help small local businesses expand and is exclusive to West Sussex.

"We feel really honoured to receive the grant. The Council liked the fact that the money was well invested in a small local business. Expanding Sparks Yard helps create jobs and increases awareness of the local area!" says Andy.

With a fantastic menu, beautiful setting and the magic Sparks Yard touch, it seems The Loft has all the right ingredients to be a recipe for a success.

Southend Barns wins at The Sussex Heritage Trust Awards 2014



Mariella and William Fleming at the Sussex Heritage Awards

SOUTHEND BARNS wedding venue in Donnington, Chichester has won a Sussex Heritage Trust Award in the commercial category

The Sussex Heritage Trust Awards have been running for 16 years, and are designed to recognise and reward high quality conservation, restoration and good design of newly built projects using traditional skills and crafts.

Southend Barns owners Mariella and William Fleming are delighted to have won the award after the panel of judges was impressed with their green business ethos and the sympathetic restoration work completed in May 2012.

Mariella commented: "After carefully restoring the barns with the environment in mind it is an honour to have our efforts recognised with such a prestigious award. We would like to say a massive thank you to all the local contractors and artists who helped us renovate Southend Barns, as well as our hardworking team who make the venue so special."

Set in the stunning West Sussex countryside, Mariella and William preserved the integrity and character of the barns by keeping as much of the old structure as possible, such as the A frames in the Threshing Barn and the external flint walls of the Dairy Barn. Working with local oak frame design specialists Five Oak Projects, in association with Sussex-based Kithurst Builders, the barns were rebuilt using sustainable methods and materials such as recycled wood fibre board, hemp insulation, green oak and lime castor. They also designed the venue to use very little energy, with low voltage, wireless lighting, and heat provided by a biomass boiler.

The barns were all once used as agricultural buildings and form part of the farming history at Southend Farms. The buildings consist of The Milking Parlour, which has been revamped into a luxurious bridal suite, complete with log fire, lavish rugs and private courtyard garden. The Dairy Barn dates back to 1867 and can now be used for a ceremony of up to 150 guests. The Threshing Barn, which was previously used for the storing and threshing of grain, dates back to 1801 and now forms the main reception barn. The project also included landscaping the surrounding gardens and courtyard at Southend Barns, along with the conversion of the Collectors Yard to a canopied seating area with outdoor bar and fire pit.

Mariella comments: "We made a conscious decision to convert the disused barns into a wedding venue rather than residential properties so that people could continue to visit and enjoy the barns and the farming heritage of the site, which has been renovated so as not to lose the essence of the traditional buildings."

For more information about Southend Barns please visit www.southendbarns.co.uk or call 01243 641247.

West Sussex welcomes £202m 'Growth Deal' for area

WEST SUSSEX COUNTY COUNCIL has welcomed the £202m 'Growth Deal' announced today between the Government and the Coast to Capital Local Enterprise Partnership.

The deal is the start of a six year investment programme designed to create jobs and improve infrastructure and transport for the West Sussex, East Surrey, Croydon, Lewes and Brighton and Hove areas.

The first £38 million of investment will be released for the 2015/2016 financial year.

County Council leader Louise Goldsmith said: "This deal is a great example of collaboration between the public sector, businesses, universities and the wider community.

"It is important we share a view of how to prioritise investment in transport and infrastructure and how we can most effectively support West Sussex businesses to grow and their workforces to succeed.

"This is only the first year of the programme we have agreed for the Coast to Capital area but we are pleased that the Government has backed our plans."

In West Sussex, this investment includes:

Bognor Regis A29 re-alignment – supports Arun District Council's plans for strategic development at Barnham, Eastergate, Westergate and Bognor Regis. This is a major highway improvement which will provide access to the development and an alternative to using the Woodgate level crossing, which causes delays on the existing A29. The timing of the scheme is dependent on the timing of development and the scheme is currently in the earliest stages of preparation. Further consultation with the public and stakeholders will be undertaken prior to the scheme being implemented. Up to £13 million has been allocated to this project.

Successful businesses: Business Finance and Business Trade – Equity, debt and grant funding for businesses that can create new jobs, but who cannot get mainstream commercial funds. £1.2m will be spent in 2015/16, rising up to £9.5m.

Wood Fuel initiative with the Forestry Commission: Sustainable use of primary natural resource to produce wood fuel as a renewable energy source and local building materials. £400,000 to be spent in 2015/16, rising up to £800,000.

Digital Growth – Will provide business locations with the digital connections needed to compete internationally. Pioneering research for new mobile 5G technology will be done with neighbouring LEPs. Funds will support small firms to get e-commerce skills and complete the superfast broadband roll-out. £700,000 will be spent on this in 2015/16, rising up to £3.4m.

In addition, and subject to due diligence, the Government will provide loan funding through the Local Growth Fund (Housing Infrastructure) of £1.9m to Hambury Properties (Chichester) Ltd to accelerate the delivery of 500 homes on Shopwhyke Lakes, Chichester.

All development decisions for specific proposals must go through the normal planning process, be subject to any consultation requirements and guided by local plans.





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cineworld *Now showing at Cineworld Chichester*

Cinema Review: Transformers: Age of Extinction



Transformers: Age of Extinction (12A)
Running time: 165 mins
Director: Michael Bay
Starring: Mark Wahlberg, Kelsey Grammer, Stanley Tucci, Sophia Myles, Nicola Peltz, Jack Reynor, Peter Cullen

★★★☆☆

The Dinobots make their spectacular entrance as mankind faces total annihilation in the fourth explosive Transformers' movie. Years have passed since the devastating battle of Chicago and humans have turned against the Transformers. Then widowed inventor Cade Yeager (Mark Wahlberg) uncovers a beat-up old truck that turns out to be none other than Optimus Prime. Arrogant government agent Harold Attinger (Kelsey Grammer) promptly arrives with a large military force demanding to know the whereabouts of the reactivated Autobot. Meanwhile, scientist Joshua (Stanley Tucci) isolates the unstable metal from which the Transformers are made. Little does humanity anticipate that this will attract a terrifying new menace! Michael Bay's fourth jaw-dropping Transformers movie not only amps up the explosive action but also gives Optimus Prime a stunning, sword-wielding makeover. The big news for Transformers fans, however, is the introduction of the astonishing Dinobots. They're led by Grimlock, who transforms into an extraordinary mechanical Tyrannosaurus rex!

Competition

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FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. Mark Wahlberg played opposite a stuffed toy in which Seth MacFarlane comedy?

A. DATE NIGHT

B. TED

C. THE OTHER GUYS

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 15th July 2014 at midday. The winner will be notified late on that day. Last week's winner was Mrs Anne White. [illegible] Chichester Herald competition terms and conditions apply.

cineworld **Cineworld Chichester**
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Rare and Traditional Breeds Show

A SHOWCASE OF RARE BREEDS *Weald & Downland Open Air Museum, 20 July*



ONE OF THE SOUTH EAST'S most popular agricultural shows for rare and traditional breeds of farm animals will again celebrate the diversity of farm livestock this summer. The Weald & Downland Open Air Museum's 29th Rare and Traditional Breeds Show will be held on its beautiful downland site on Sunday 20 July.

Smallholders all over the region are playing a vital role in nurturing rare and traditional breeds of livestock. Several hundred cattle, sheep, pigs, goats and poultry of numerous rare breeds are expected to take part in the show which celebrates the qualities of the rarest of farm animals. The event has a strong following, both from exhibitors and visitors, who value its friendly, traditional atmosphere, set against the backdrop of the Museum's beautiful downland location.

The event boasts some magnificent rare breed animals including Dexter cattle (smallest of the European Cattle breeds), Oxford Sandy and Black pigs (one of the oldest British pig breeds) and Polworth sheep (a breed developed in Victoria, Australia, during 1880). Old time farm animal favourites with visitors include the Pygmy goats, not much more than one foot high, and friendly-faced Alpacas.

The fleece and handspun classes have become incredibly popular and form an important element of the event. Most importantly, the next generation's exhibitors and stockmen are actively encouraged to take part and compete for prizes which this year are being presented by Geraldine James, who narrated the commentary for the recent TV series "Tudor Monastery Farm" which was filmed at the Museum.

Other attractions at the event include a wide range of local crafts, trade stands with farm animal and countryside themes, locally produced food and the opportunity to look round the 45 historic buildings on the Museum's 50-acre site.

The Museum is open for the event from 10.00am – 4.30pm (Museum open until 6pm) and every day this summer from 10.30am – 6pm. Normal Museum admission includes entry to the Rare and Traditional Breeds Show. The lakeside cafe will be open, plus there are indoor and outdoor picnic areas. Dogs on leads are welcome and there is ample free parking.

A supercalifragilisticexpialidocious evening of music and song!

RAISING MONEY for a Chichester schoolgirl who is suffering with a rare form of cancer, a glorious celebration of Disney music and song will take place at Chichester Baptist Church in Sherborne Road on Monday 21 July at 7pm.

Chloe Ferris is just five years old and, before she became ill, loved to sing. Hoping to beat her illness and continue singing, Chloe's story inspired local singing teacher Julie Oldman to put together a programme of Disney classics, which will be performed by a talented cast that includes her students and the Jessie Younghusband Staff Choir.

Hoping to help raise funds for Chloe that will enhance her quality of life while she undergoes gruelling treatment, entry is by donation and concert-goers can expect all their Disney favourites from films including The Lion King, The Little Mermaid, Aladdin, Lady and the Tramp, Toy Story, Cinderella and many more.

Famous work inspires new theatre production to mark Selsey's WW1 centenary commemorations



A NEW PRODUCTION, inspired by R C Sherriff's famous WWI play Journey's End, is to be staged in Selsey Pavilion in August 2014. The theatre piece, The End of the Journey, was written by Gillian Plowman, the award winning English playwright, and is being produced by Pamela Howard OBE, world renowned scenographer and director.

Journey's End was written by R C Sherriff in 1927, following his personal experience of fighting in the First World War. Sherriff was a frequent visitor to Selsey, and it is believed that he began writing Journey's End whilst on holiday in the town. Sherriff's connection with Selsey spanned many years, and despite the international success of his play he remained committed to its heritage, involving himself with an amateur production of Journey's End which took place in the Selsey Pavilion in 1933.

Gillian Plowman, who wrote the piece, comments: "Since moving to the town nearly 30 years ago I have been fascinated by Selsey's history as a haven for writers, artists and musicians, and intrigued by what lies behind the wonderful façade of the old Pavilion theatre in the High Street. In considering a way to properly mark the centenary of WW1, my thoughts ran to R C Sherriff's link with Selsey and the letters to and from the trenches. These poignant letters, and Sherriff's own letters to his mother, kept at the Surrey History Centre, provided the thread which runs through The End of the Journey."



Pamela Howard continues: "In every community there is usually an unloved or forgotten space waiting for someone to spy its potential. Often the challenge is reconfiguring the space to reflect contemporary needs, while maintaining its essential character. Such was the situation when the Arts Dream Team first considered Selsey Pavilion for the WW1 centenary events. When we discovered that Sherriff had led an amateur production of Journey's End at the Pavilion in 1933, we realised that uniquely, the space and the story of Sherriff's trench experience could come together in a very special event. The End of the Journey will offer a promenade performance – physically leading spectators through the spaces from the dark days of WW1 to the better, lighter post war years."

Tickets for the performances can be purchased online at: www.artsdreamselsey.ticketsource.co.uk

A taste of France in Midhurst



VISITORS to Midhurst will be able to experience a taste of France this Saturday (12 July) between 9am and 5pm, at an authentic French market in the historic Market Square.

Normandy traders will be selling a wide range of freshly sourced produce, including cheeses, meats and bread, as well as clothing, bags and gifts.

"It's wonderful to welcome this French market to Midhurst's refurbished historic Market Square, which already offers a continental feel," says Cllr Myles Cullen, Cabinet Member for Commercial Services at Chichester District Council.

"The event offers people the chance to enjoy a taste of France, while rediscovering the range of cafes and shops on their doorstep."

The market will offer: A bakery with breads, biscuits and crepes, cheeses and meat, hats, scarfs and bags, clothing and footwear, fruit and vegetables, olives, spices and dried fruits, and soaps.

Children aged 11 and under are also being asked to draw a picture of what they believe a French market looks like. The winner will win a host of French goodies. To enter they need to bring it to the Market Square by 11am Saturday 12 July. Please include your name and age on the back and a contact number for your parent or guardian. The manager of the market will pick the winner which will be announced at 3.30pm on Saturday 12th July. All entrants will receive a certificate.

What's On in your local area...

• Following a hugely successful debut in 2013, Valley Challenge 2014 promises to be even bigger and better. The eight mile run, which takes in the three peaks of the Lavant Valley near Chichester, uses the tracks and trails of the glorious Goodwood Estate and covers some of the most stunning countryside in the South Downs National Park. Spectators can watch from the comfort of the three valley pubs, The Fox Goes Free in Charlton, The Partridge in Singleton and The Star and Garter in East Dean, which will all provide water stations for runners during the race and refuelling stations afterwards. The Valley Challenge is organised by local fitness company and hosts of the ever popular Valley Bootcamp, Milestone Fitness, to raise funds for Singleton Playschool. This year's race takes place on Saturday 20 September, starting at 10am at East Dean Village Hall. The village hall serves as Race HQ and offers homemade cakes and other refreshments, registration, bag drop and a massage station. All finishers will receive a beautifully handcrafted and unique wooden medal from Wests of East Dean and a bag of goodies to say thank you. The race is a challenge but suitable for runners of all abilities aged 17 upwards. For further information or an entry form please visit www.milestone-fitness.co.uk/valleychallenge. If you don't fancy running but would like to support us, we always welcome volunteers to help marshal the race on the day. If you are able to help, please contact Rachel at rachel@rachelcoates.com

• The Chichester and Bognor Green Party is pleased to invite you to a screening of a film about fracking which is taking place on Wednesday 10th July at 7.30 pm at the Bassil Shippam Centre, Chichester, PO19 7LW. An Autumn Diary is a film that inspires debate about how we use and generate energy, how we interact with the earth, and discusses the issue of fracking. The Director of the film, Philip Day, will be at the screening and we look forward to some lively debate after the film. The plot involves a local resident of Sussex setting out to discover what hydraulic fracturing is and what it means for the English countryside. He undergoes a sea-change of attitude as he discovers some rather unusual facts. The escapade leads him to a beautiful 160,000 acre estate, to meet a noble Lord, to discover a not well known renewable energy solution and then to be awakened to the amazing spirit of an English village. This is a fast moving thought provoking adventure with a surprisingly uplifting conclusion. This is a film that will move you. All welcome, entry by donation on the door. If you have any questions, please contact bognegreen@gmail.com or phone 01243 773522.

• West Dean House is throwing open its doors to visitors on Saturday 6 and Sunday 7 September 2014. The Grade II listed historic house, and the former home of Edward James, supporter of the Surrealists and founder of West Dean College, is open to the public only once a year. Visitors can experience the Edwardian atmosphere and take guided tours (non bookable) around the magnificent State Rooms and see some of the famous Surrealist art works and objects collected by Edward James throughout his lifetime. The new Sue Tumney for West Dean Collection, inspired by the House and Edward James' collection of objects and surreal art, will be launched at the House Opening weekend. A range of homeware products, developed in collaboration with award winning contemporary Surrealist designer Sue Tumney, the collection has been designed to mark the 50th Anniversary of the founding of The Edward James Foundation, the educational trust that supports the College, and will be available to buy at West Dean. A selection of items (fine bone china, silk cushions and silk scarves) will also be available, for an exclusive limited period in store and online from the V&A Shop (5 September – 5 October inclusive), at the Victoria and Albert Museum in London to coincide with the 2014 London Design Festival. Entrance to the House includes access to the award winning gardens including the newly restored Sunken Garden, which re-opened earlier this year. Opening Times: 10am to 5pm. Early Bird prices £8 Adult (gate price of £9 Adult). Children go FREE. Book online at: www.westdean.org.uk

• Concorde is a social club which provides friendship and companionship for single people.

It is not a dating club but any members who form relationships or marry remain members.

It meets every Tuesday at the Walnut Tree, Runcton, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575083 or 01243 604715.

If you would like a non-profit or profit to charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and mentioned here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Children's TV 'packed with junk-food references'



UNHEALTHY food makes a 'startlingly' high number of appearances in children's television shows, researchers say

Junk food adverts are restricted during children's television in the UK

However, a study, published in Archives of Disease in Childhood, found the shows themselves 'skewed' towards unhealthy food.

The Children's Food Campaign said children were being bombarded with attractive images of unhealthy food

Adverts for foods high in fat, salt and sugar aimed at children under 16 are not allowed in the UK.

A team of scientists at the University of Limerick, in Ireland, watched hours of children's television on the BBC and the Irish state-broadcaster RTE

They found that 48% of food appearances were 'unhealthy' such as sweets or chocolate while sugary drinks made up a quarter of all appearances of fluid.

Prof Clodagh O'Gorman, from the University of Limerick, said: "We were startled by how much food there was and surprised at the type of food consistently represented."

She said junk food was shown being consumed without consequence

"Programmes have teenagers after school going to a coffee shop or fast food outlet, having lots of sugary or high-fat foods and they're all thin and happy, and that's not realistic," she said.

"The foods which should be in eaten in moderation are eaten excessively on TV, and the staples, fruit and vegetables, are very infrequently represented."

However, the impact of the programming on the viewer is not clear cut

Previous research has suggested a link between advertisements, children developing a "brand affinity" and wanting to consume that particular product.

"Our hypothesis is the children will want to eat fast food in general," Prof O Gorman said

Further research would be need to discover if that was true

In the meantime, Prof O Gorman called on parents, doctors and regulators to be more aware of the levels of junk food in children's television.

Malcolm Clark, the coordinator of the Children's Food Campaign, said "It is disappointing that children's TV seems to be so tamely reflecting the obesogenic environment we all live in, rather than presenting a more positive vision of healthy, sustainable food

"Children are bombarded with attractive images of unhealthy food and drink throughout their day – online, on billboards, in magazines, in shops, and still very much on TV

"It is all part of the normalising of eating sugary snacks and sugary drinks that the food industry has so successfully achieved

"We want the government to protect children by drawing up stricter rules, including switching off junk-food adverts on TV until after 2100 and putting rules in place to stop children becoming fair game for internet marketing."

A BBC spokesperson said: "We broadcast lots of programmes to promote healthy eating to children and to help them understand where food comes from with series like I Can Cook, Incredible Edibles and Blue Peter."

GE prototype uses microwaves measure the calories in your food



GE has revealed that it has developed a prototype device that can measure the number of calories in food. The news was published on its website June 30.

The prototype uses microwaves to measure calories, but food must be in a blended form to be accurately measured. Researchers claim they are working on a second device that will analyze calories in solid foods and send it to users' smartphones, according to Technology Review

Matt Webster, the researcher who created the prototype device at GE Research, believes it may eventually be incorporated into traditional microwaves. This would enable individuals to warm up food and receive a calorie count without having to divide their meals into separate portions to visually estimate their intake.

After up to 50 experiments, the calorie counts of food fed into the device were accurately predicted with a variation of only 5 percent to 10 percent, according to CNET. Webster said the prototype uses complex microwave fields and some algorithms to come up with its calorie readings

Webster said he created the device after his wife asked him for a gift that could easily keep track of the calories in her food. Now, Webster's invention may become a healthy gift to all of us

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Entries close on Wednesday 16 July 2[illegible] Monday [illegible] winner who will receive course meal for two from the Pre Fixe menu There is no cash alternative A winner will be announced every Wednesday Entry details may be kept on file Last week's answer was: West Dean Gardens

4 steps to achieving (and maintaining) optimal health



Denise Kelly

Naturopath c
nal Therap st

There are so many questions around health and so many concerns of all types. But ultimately, I guess the biggest question is, how long do you expect to live a healthy life? And, more importantly, what is your vision for those years? Often people say to me, 'but I don t want to live until I am 100' Well, of course you don't if you have bad health and you cannot do the things you want to do, or be independent in the way you always have. What would your world be like though, if you could have great health right into old age?

When you move past the obvious greed and material things in life, and strip everyone back to what they really desire, we are all more similar than you may think. Most human beings really desire lots of touch and love, great health, great relationships, happiness, laughter and financial independence to make us feel safe and secure. In my opinion, optimal health makes everything possible. Your future looks bright, you can have focus, vision and the energy to make your dreams come true. So, how do we go about achieving what we really want in life?

Create a healthy vision for your future. In speaking with many natural health experts the message is very clear. A positive vision about your life is essential for optimal health whatever your age. For example, a cancer patient may currently be suffering, but they see themselves as completely healed. Your vision is everything and its been proven time and time again.



Develop emotional stability, especially in hard times. Obviously, a healthy diet and good relationships can get just about anyone through rough times. But, ultimately, toxic (negative) emotions, such as chronic fear, can suppress the immune system and cause premature aging. Simply put, resolving emotional issues are essential to enjoy a healthy life. Use EFT, hypnotherapy, yoga, meditation etc. Whatever it takes and whatever suits you just get on with it!

Get rid of limiting beliefs about yourself. Napoleon Hill, author of one of the most successful books of our time, Think and Grow Rich, once said, "Whatever the mind can conceive and believe, the mind can achieve." Never forget, your personal beliefs affect your health and your ability to heal from illness.

Finally, create a personal strategy for success. If you're looking to prevent, even reverse disease, you must have a plan. And, if that plan is not working, my best advice would be, simply get another plan. For example, if your doctor, health care worker, nutritionist, gym instructor, or whomever you are dealing with, is unable to help you feel better, find another one as fast as possible. Go on recommendation, and find someone who has achieved the results you are wanting to obtain.

This is your life remember. Do what you want to do and make it count.

Turn negative into positive

Negative thoughts drain you of energy and keep you from being in the present moment. The more you give in to your negative thoughts the stronger they become. I like the imagery of a small ball rolling along the ground and as it rolls, it becomes bigger and faster.

That's what one small negative thought can turn into: a huge speeding ball of ugliness. On the contrary, a small positive thought can have the same effect blossoming into a beautiful outcome.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her www.denisekelly.co.uk info@denisekelly.co.uk @DKNutrition 07730 617436

Harmony Acutherapy Clinic

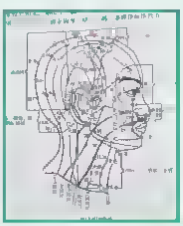
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Dr FengWang is an associate of the ATCM (Association of Tradit onal Chinese Medicine and Acupuncture UK). He has been practising his profess on over 18 years and has his own c nic n Chichester town centre.



Dr FengWang has been practising acupuncture and allied holistic therapies in London, Portmouth and Chichester for over 5 years. Prior to this, having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years.

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Cristiano Ronaldo launches CR7 fashion range and website



CRISTIANO RONALDO has launched a new fashion website under his CR7 brand, with the Portuguese footballer adding a line of shirts to his underwear range launched last year.

The Real Madrid star will this week unveil a "premium' range of shirts at the Bread & Butter fashion exhibition in Berlin, alongside an international brand website,CR7shirts.com. They will go on sale in retail stores later this year.

The shirts, created by New York-based designer Richard Chai, are the latest phase of Ronaldo's partnership with Danish manufacturer JBS Textile Group, which launched the footballer's underwear range last year.

Fellow former Manchester United player David Beckham rolled out his own underwear range in partnership with retailer H&M in 2012.

Designer Chai said: "The CR7 shirt collection concept shares the core ideas of the underwear collection, based on form, function and style. We used the idea of mobility as the creative centre. Ronaldo is best known for the way he moves on the pitch and we wanted to create a perfect collection of shirts for the active man."

Ronaldo added: "For me, a strong foundation is the most important thing throughout every area of my life. In my sporting life, a strong foundation enables me to perform at my very best and I apply the same principle to my personal life, business life and the way I dress.

"Dressing well gives me confidence to be the best that I can be and underwear with a great fit and modern, stylish shirts are the starting point of every look."

Portugal captain Ronaldo was the face of World Cup marketing campaigns for brands such as Nike, Samsung and Emirates, but endured a disappointing tournament, scoring only once as the team were eliminated in the group stage.

Buying a home more stressful than divorce or redundancy

IT'S OFFICIAL — buying or selling a house is more stressful than planning a wedding going through a divorce or starting a new job research revealed yesterday.

Here's the top ten ..

THE 10 MOST STRESSFUL EVENTS OF MODERN LIFE

1. Buying or selling a property
2. Relationship break up/divorce
3. Being made redundant
4. Death of a grandparent
5. Getting the sack
6. Being in debt
7. Starting a new job
8. Becoming a parent for the first time
9. Planning a wedding
10. Going bankrupt

An in-depth study of 2,000 adults by EstatesDirect.com found a large percentage felt dabbling in the property market ranked as one of modern life's most unpleasant experiences.

In fact, to-ing and fro-ing with solicitors over paperwork for weeks on end amid fears the deal could collapse at any time and constantly chasing estate agents for updates was even hailed as more traumatic than losing a job.

It also came above the death of a grandparent, becoming a parent and being in debt in the list of the most stressful lifetime events.

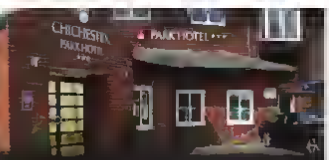
Solicitors bore the brunt of the discontent among those who took part in the study and were labelled as the most stressful people to work with, while over a quarter (26 per cent) had bad experiences with an estate agent.

Yesterday a spokesman for EstatesDirect.com, the fixed fee estate agency launched last month by Poundland founder Steve Smith said: "It seems that the stress of uprooting a home has been an unpleasant experience and a source of great strain.

"The results show just how gruelling the process is regarded and clearly it's viewed among the most stressful events we encounter in modern life. The traditional 'high street' estate agents seem to be a major contributor to the stress, with a staggering 61% of respondents saying that they charge too high a percentage fee and then fail to manage the process smoothly.

"It's a shame that what should be a happy or exciting time in a person's life is marred by many complications, delays and unforeseen problems that could perhaps be avoided."

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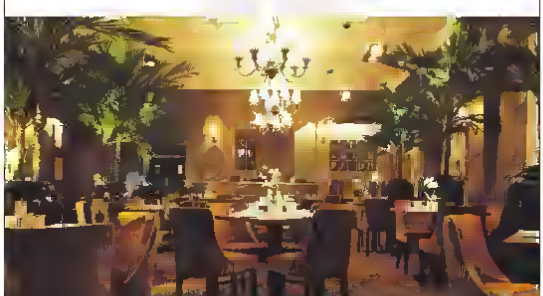
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Passport office to make £50m for ruining thousands of people's holiday plans



THE PASSPORT OFFICE is set to make a £50million profit, despite the backlog crisis that put thousands of people's holidays at risk.

Boss Paul Pugh yesterday told MPs his agency made a surplus of that figure in 2013-14 and was on course for profits "of a similar order" this financial year.

He said: "If demand remains very high, that will increase our income."

The agency has axed hundreds of workers since 2010 to cut costs but it is now badly understaffed with 500,000 unprocessed applications.

It is forking out nearly £1million a month on overtime pay and extra workers have been brought in from Immigration Services to help out.

Mr Pugh, who earns £104,000 a year, confirmed the backlog increased by 44,000 in the first three weeks of June – despite emergency measures ordered by Home Secretary Theresa May.

But during his latest grilling from the Commons home affairs committee, he insisted: "The organisation is not in chaos." Mr Pugh claimed the pile of applications was now falling and stood at 508,000.

He went on: "We are continuing to issue over 170,000 [passports] a week."

But angry MPs suggested he was partly to blame for the mess as he got forecasts wrong and cut staff at an office in Wales. Labour's Paul Flynn fumed: "If the 150 people you sacked in Newport were still working, it would have reduced the extent of the crisis."

Mr Pugh said overall staff numbers had gone up over the past two years but were still well below 2010 levels.

He admitted: "Our forecast intake has been substantially exceeded. We don't fully understand why that is."

The Passport Office makes a surplus because it costs £57 to issue a standard passport but the public pays £72.50.

Its profits go to the Treasury at the end of the year.

Mr Pugh said a large surplus this year could see lower charges in the future.

He added: "One of the options that may be open to us is a reduction of fees to the customer."

Is crackdown on holidays in school term-time unfair?

PARENTS can be fined for taking their children out of school during term time for a family holiday – but are the laws too strict?

Parents have reacted with anger, defiance and dishonesty to a crackdown on taking children out of school during term time for family holidays.

Fines of £60 per pupil, per parent, can be issued for removing children from school without permission, potentially increasing to £2,500 and a three-month jail term if unpaid.

Family holiday is no longer accepted as a reason for taking children out of school during term-time.

Parents claim overseas trips enrich children's education rather than harm it, and many argue the ban on term time absence is unfair because the price of family holidays rockets during peak season – which is when schools break up.

New research has shed more light on the issue, with more than half of parents admitting they have taken children out during term time and concealed the reasons for doing so.

More than half say they will defy the clampdown in the future.

A majority of parents think the decision on whether to take children out of school during term time should lie with them.

Top justifications for doing this include a child's attendance being above 90 per cent and one or other parent being unable to take annual leave.

Interestingly, one in 10 people would snitch on other parents for taking their kids out of school.

The differences between the state and private education sectors also frustrate many parents.

Families with children in private schools are not liable for fines. Also, many private schools have shorter terms and longer holidays, meaning they can potentially avoid peak travel times – 73 per cent of parents surveyed said it is unfair, especially as research shows an increase of more than 80 per cent in flights to popular destinations between the date private schools break up and the date state schools finish for the summer.



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BOGNOR REGIS £235,000 Also COMING SOON a 2 bedroom end of terrace cottage in same redevelopment as advertised above with a guide price of £235,000 AWAITING EPC



BOGNOR REGIS £175,000 A refurbished character cottage situated in a cul de sac located on close to shops, town centre, railway station, beach and promenade. The property is the subject of an extensive programme of renovation including new gch u PVC double glazing, 26' open plan living room incorporating the kitchen, two first floor bedrooms and bathroom. EPC Rating C

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PAGHAM **£390,000**

An interesting and unusual attached property situated in a semi rural location approx half a mile to the North of shops at Rose Green and Nyetimber. The specification includes ground floor family room ground floor master bedroom with en suite shower room, two further ground floor bedrooms, bathroom, bright and spacious first floor living room, kitchen and sitting room with rural views. South facing garden and parking for approx four vehicles. EPC Rating C





ALDWICK EAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, dinkm, lounge, dining rm, sitting rm, kitchen/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D



ELMER SANDS **£499,000**

A detached house situated in private estate approx 3 miles to the East of Bognor Regis. The property was constructed in 2009 and has a ground floor shower room/utility room, lounge with folding doors opening to the dining room, large conservatory, fitted kitchen/breakfast room, master bedroom with en suite shower, 4 further bedrooms, bathroom, garage and gardens. EPC Rating C



COLTS EAY **£490,000**

A detached three bedroom bungalow situated at the gates of the Colts Hay private estate, with easy reach of shops and approx. 400 yards from the beach. The property would benefit from a programme of modernisation and refurbishment and includes a lounge/dining room, kitchen, conservatory, master bedroom with en suite bathroom, two further bedrooms, second bathroom, detached double garage and gardens including a southerly rear. EPC Rating E



NYETIMEER **£379,990**

A deceptively spacious detached bungalow situated on a good sized plot in a cul de-sac within half a mile of shops, schools and the beach. The property has been extended over the years and offers flexible and spacious accommodation in a peaceful location. G.F.H. Near 32' lounge/dining room, separate sitting room (potential third bedroom), conservatory, kitchen, master bedroom with en suite shower room, second bedroom, bathroom, good size garage and large gardens. EPC rating E



ALDWICK EAY ESTATE **£270,000**

A very well presented first floor apartment situated in a small development approx. 150 yards from the private marine estate. The apartment has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. dble glazing, dual aspect living rm with windows to South and West, attractive kit/breakfast rm, two bedrms, fully tiled shower rm, garage in nearby compound and use of landscaped communal gardens.

EPC RATING C



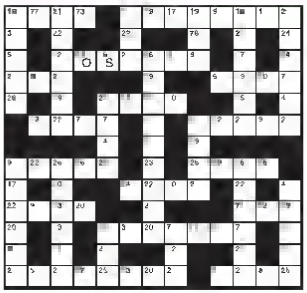
ALDWICK **£149,990**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed, living room, kitchen, bedroom, bathroom, personal patio area. EPC rating C

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18
6	19
7	20
8	21
9	22
10	23
11	24
12	25
13 O	26 S

Last week's solutions:

1 G	2 I	3 W	4 S	5 R	6 P	7 X	8 E	9 Y	10 V	11 Q	12 M	13 H
14 O	15 Z	16 C	17 F	18 A	19 B	20 U	21 L	22 N	23 T	24 K	25 J	26 D

Words are

O	I	B
S	U	G
E	R	O

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurale foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9 letter word to be found.

How you rate:

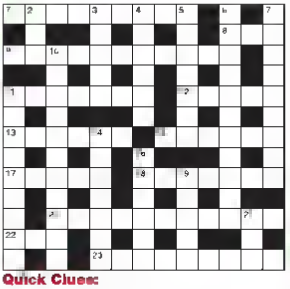
10 words - average;
15 words - good;
20 words - very good;
25 or more - excellent.

Last week's solutions:

sory, sryl, assuredly, dearly, deary delay relays slray streesy drey duly eyes riyers ryes, surly easy ersay, larly, layer ays, lyre reyed, roys nearly re ay relays re y naidly sadly sayer says slry s ayer rdays slyer nuley sure y surly yiarl, yeer yu s.

Double Crossword

Choose either quick or cryptic clues.



Cryptic Clues:

Across

1. Passenger-carrying flight (9)
8. Scottish name in a new form (3)
9. Making it she'll find to work on the land (4,3,4)
11. Many stampeded and were injured (7)
12. It helps to make a cake enticing (5)
13. Charm, possibly earned (6)
15. Things to be done in company (6)
17. A pronounced snobbery (5)
19. Assign work to a writer (7)
20. Vessels that liven up parties (3,6)
22. I leave the earth for the sun (3)
23. Thought someone guilty or was doubtful (9)

Down

2. It will be in most winter sportsmen's kit (3)
3. May get a lift when you come in (5)
4. Takes steps to make wine? (5)
5. Go in for modified coverage (7)
6. Moving experience for one who takes a back seat (7,4)
7. What you have to die to become one (9)
10. The price of cleanliness? (7,4)
11. Gloomy supporters will, if their team's doing badly (9)
14. Eternal theme of the beaut ntsn (7)
16. Slunh chaplains may be spared (6)
18. Engrave e hunting scene? (5)
21. Kind of bread found n every English home (3)

Quick Clues:

Across

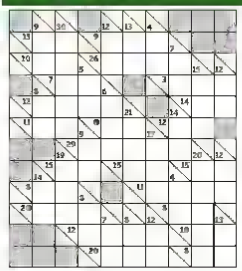
1. Workable (8)
5. Possess (3)
9. Plundering (11)
11. Reaps (7)
12. Superior (5)
13. Resist (6)
15. Save (5)
17. Foal (5)
18. Insult (7)
20. Diligently (11)
22. Speck (3)
23. Artl ne (8)

Down

2. Fish-eggs (3)
3. Handle (6)
4. Cowardly (6)
6. Free time (7)
8. Glaring (11)
7. Rural (9)
10. Hasty (11)
11. Supreme happiness (6)
14. Sweats (7)
16. Stray (6)
19. Swim (5)
21. Rent (3)

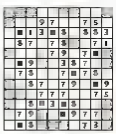
Last week's solutions:
CRYPTIC– Across 7 Outcry 8 Drover 10 Trunks 11 Force 12 Ask 13 Eject 17 Award 18 Last 22 Staff 23 Eva sion 24 Dearly 25 Debase. Down 1 Foot bag 2 Steeth 3 Frone 4 Prof ane 5 Ivory 6 Snarl 9 New Jersey 14 Twofold 15 Capital 16 Stunted 18 As ide 20 Medium 21 Later. QUICK Across 7 Needle 8 Potent 10 Educate 11 Twice 12 Stole 13 Quests 17 Finish, 18 Tale 22 Ab ut 23 Retract 24 Return 25 Sl ke. Down 1 Insense 2 Negate 3 Float 4 Con tact 5 Tepid 9 Steep 9 Sepulchre 14 Disturb, 15 Capable 16 Restore, 18 Marry 20 Worth 21 Otter

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal blank must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.



Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions:
The letter represented by the question mark is A. Gujarati, Punjabi Mandarin all languages.

Alphamaddle

Rearrange the letters in the grid B to make two words that read both across and down. Five letters have been placed to start you off.

					R
		A			
N					
	N				
				L	

A

E	C	R	A	N
O	L	I	E	R
S	L	E	N	E
R	A	I	D	E
N	E	R	N	N

B

Last week's solutions.
Float, Larva Order Avert Tarts

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions >
From top to bottom, Simple, Intermediate, Difficult

Simple

7		9		1	2			4
	8			6			7	2
2		8			7		1	
		1			8	7		
5	6		7	4				8
		3	6				2	
	9		2			5		
	1			5	9		4	7
		5	1			9		6

Intermediate

		3				9		5
		2	3		8		1	
7	6						2	3
	4			5			7	
6		8	9			5		1
	2		4	1			8	
2	9				3		5	6
			6		1			
		6				1		

Difficult

3				5	7	1	4	
								7
	5					3		9
		2	9	1				
1								3
				6	3	4		
7		5					8	
2								
	6	3	8	7				5

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Sailing

Itchenor Sailing Club hosts Junior Fortnight

ITCHENOR SAILING CLUB is gearing up for its annual Junior Fortnight, one of its flagship events, which takes place from 28 July – 8 August. The two week event is aimed at 8 to 18 year olds and features a program of competitive racing coupled with a large and varied social programme to suit all ages.

Junior Fortnight has been an integral part of ISC's sailing calendar for over fifty years! Many past Olympic and World Champions have learnt their racing skills whilst participating in the event, including Archie Massey who has won every International 14 World Championship since 2008, a record for the class and Ed Fitzgerald the 2012 49er Youth World Champion crew. Ed comments: "My first experience of competitive sailing took place at Junior Fortnight aged 8. I remember being in Mirrors 3 and going round Itchenor, Cobnor and Deep End and getting my first taste of winning some races! It is a socially important two weeks and it is as much about friendships and having fun as it is about the sailing."



In 2013 there were 205 competitors from over 100 families from the local area and further afield. This year is set to be even bigger as the event has been opened up to other sailing clubs for the first time ever.

Classes which take part in Junior Fortnight are Mirror, Laser, Topper and International 420s.

This year the Club are delighted to welcome both Strutt and Parker, Chichester and jhA Architecture as supporting sponsors to the event.

The social program is an integral part of Junior Fortnight with 30 events taking place throughout the two weeks for all age groups as well as parents.

Tom Trevelyan, Vice Commodore at ISC, comments: "Junior Fortnight is part of an excellent sailing support programme at Itchenor and we have seen many of our youth sailors enjoy success at the highest levels of the sport. Most years we see Juniors who've started with us as beginners go on to qualify for Mirror or 420 National Squads with some later going on to compete in the Olympics and World Championships."

To find out more and keep up with the action, visit http://www.itchenorsc.co.uk/ or call 01243 512400.

Swimming

Success for Chichester Cormorants Swimming Club

FIVE SWIMMERS from CCSC took part in the Fareham Nomads Summer Open Meet at Waterlooville and came away with loads of medals. Starting with a warm up at 8am and finishing with the last race at 4.30 it was a very long hot day, but the swimmers had some fantastic swims and were a credit to the club.

There were personal bests for everyone. Brothers Seb and Sam Hadnett swam brilliantly to achieve two gold, one silver and one bronze medal between them. Laura Dochertymher first attempt at 100m events at an open meet narrowly missed a qualifying time for the Sussex Winter Championships but came away with one gold and two bronze medals. Adam Long achieved two qualifying times for the Winter Championships in the 50m and 100m breaststroke and three gold medals and one silver.



Rowan Baker took home a gold and silver medal, and Nathan Ukraimcin his first ever open meet achieved a great personal best time in 50m freestyle one of the most competitive events of the day.

A great day for everyone and thanks must go to the coaches and helpers at CCSC for the swimmers achievements – The club goes from strength to strength.

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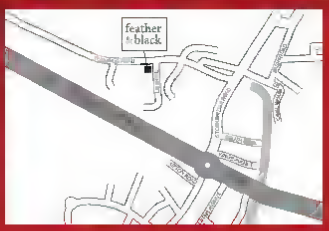
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Cruising the Seine

Once again we join CroisiEurope aboard the MS Rostocelli for a delightful seven-day cruise from Honfleur to Paris. We travel in comfort along the Seine through beautiful Normandy countryside, visiting picturesque villages along the way and arriving in Paris with plenty of time to enjoy the sights. Enjoy full board while on the Rostocelli with house wine, beer, spirits and soft drinks included throughout the cruise.

Price Includes:
- Luxury Coach Travel • Door to Door Service
- Full Board and drinks on Board
- Excursions as Listed in our Brochure

22 August 2014
7 Days
from £1029



The Lake District

The beautiful area of England has inspired many great artists and writers, and we follow in the footsteps of Wordsworth to some of the places closest to his heart. We enjoy the lakes both from the shore and from the water and have included cruises on Ullswater and Windermere, as well as a visit to the world famous Laurel & Hardy Museum.

Price Includes:
- Luxury Coach Travel • Door to Door Service
- Half Board • Bone Cottage
- Wordsworth Home • Laurel & Hardy Museum
- Windermere Cruise • Ullswater Cruise
- Excursions as Listed in our Brochure

21 September 2014
6 Days
from £664



The BBC & TV Gems

We are pleased to offer you a chance explore the fascinating home of the BBC in the North and to follow in the footsteps of some of your favourite stars. Media City – home to a whole host of BBC channels and programmes including Match of the Day, Blue Peter, Dragon's Den, BBC Breakfast, Radio 5 Live and the BBC Philharmonic Orchestra. We also visit the homes of Emmerdale and Last of the Summer Wine and have a steam train ride.

Price Includes:
- Luxury Coach Travel • Door to Door Service
- Mar Board at Hotels • BBC Tour
- Wool pack Inn • Tea/Biscuits • Steam Train
- Excursions as Listed in our Brochure

23 October 2014
5 Days
from £363

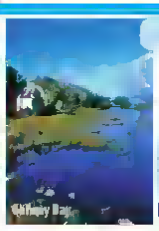


Cheshire, Potteries & The Wirral

With a Jacobean manor on as our base, we explore this interesting area of the UK with visits to glorious gardens and stately homes at Dunham Massey, Trentham Estate and Hever Botanic Gardens. We have guided tours of Chester and Port Sunlight, and visit the Museum of the Potteries.

Price Includes
- Luxury Coach Travel • Door to Door Service
- Half Board • Dunham Massey • Trentham Gardens
- Potteries Museum • Hever Botanic Gardens
- Port Sunlight & Guide • Guided tour of Chester
- National Memorial Arboretum
- Excursions as Listed in our Brochure

8 August 2014
6 Days
from £543

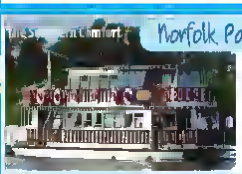


Galway & County Cork

With our own escorted tour we explore the regions of County Galway and County Cork visiting historic towns, picturesque villages, dramatic castles and glorious spa views. The lush green countryside and Dramatic Atlantic coastline make each day a feast for the eyes and the cuisine, with shellfish and Guinness not a treat for the senses.

Price Includes
- Luxury Coach Travel • Door to Door Service
- Half Board • Galway City Tour • Corrib Cruise
- Kylemore Abbey • Bunratty Castle & Folk Park
- Queenstown Story • Excursions as Listed in our Brochure

7 September 2014
9 Days
from £829



Norfolk Paddle & Steam

The county of Norfolk offers a rich historical heritage, pretty villages and varied landscapes including the famous Broads. We explore the area by train, both the Poppy Line and the Bure Valley Railway, by Mississippi Paddle Boat across the Broads and by coach on a scenic drive to the coast and Blickling Hall.

Price Includes
- Luxury Coach Travel • Door to Door Service • Half Board
- North Norfolk Railway • Wedding Cake – Bure Valley Railway
- Paddle Boat Broads Cruise • Norwich Guided Tour
- Excursions as Listed in our Brochure

13 October 2014
5 Days
from £447



Chatsworth & Castleton Christmas Lights

Chatsworth Home – home to the Duke and Duchess of Devonshire, is a treasure trove of historical wonders, and at this time of the year all dressed up for the Christmas season. Some areas of the house are decorated with fresh holly, fairy lights and candles, as well as scents to evoke the spirit of Christmas. Our tour will take in a visit to the Chatsworth Christmas Market – an festive fair with seasonal gifts and tasty snacks. We also include a visit to Castleton for the switching on of the Christmas lights.

Price Includes
- Luxury Coach Travel – Door to Door Service
- Half Board • Welcome Drink • Chatsworth House
- Excursions as Listed in our Brochure

14 November 2014
4 Days
from £339



Rudesheim, Frankfurt, Wiesbaden & Mainz Christmas Markets

Rudesheim is a typical picturesque little town with cobbled narrow streets and half-timbered houses, sloping gently down to the River Rhine. Our luxury minibuses take us to Germany's most beautiful and popular Christmas Markets full of charming gifts and tempting delights.

Price Includes
- Luxury Coach Travel
- Door to Door Service
- Half Board
- Excursions as Listed in our Brochure

8 December 2014
5 Days
from £369

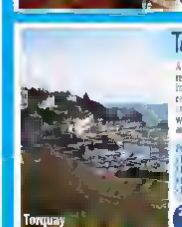


Welsh Christmas

We are delighted to offer a new Christmas destination, in the heart Wales at the historic spa town of Llandrindod Wells. Enjoy beautiful Welsh countryside, a full programme of entertainment including a visit by a male voice choir and visits to the Elan Valley and Abbey-Cwm-Hir, beautifully decorated for Christmas.

Price Includes
- Luxury Coach Travel • Door to Door Service
- Full Board • Festive Fare & Programme
- Abbey-Cwm-Hir
- Excursions as Listed in our Brochure

23 December 2014
5 Days
from £639



Torquay at Christmas

A wonderful new venue for 2014 in the lovely seaside resort of Torquay. Our 4-star hotel, the Imperial, with its enviable cliff top position overlooking the Torbay coastline, has a full programme of festive entertainment including a Devonshire Cream Tea. As well as enjoying Torquay we visit Totnes, Dartmouth and the Dartmoor National Park.

Price Includes:
- Luxury Coach Travel • Door to Door Service
- Half Board • Two Lunches
- Festive Fare & Entertainment
- Excursions as Listed in our Brochure

23 December 2014
5 Days
from £599

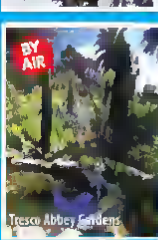


Ludlow Winter Warmer

The delightful town of Ludlow with its spectacular castle lies in The Marches. Our tour is full of fun and interest to blow away those winter blues. As well as pleasant local excursions to Hereford and Shrewsbury, we have evening activities including a visit from a local antiques dealer, who will examine any small trinkets you wish to have valued.

Price Includes:
- Luxury Coach Travel – Door to Door Service
- Half Board • Secret Hills Discovery Centre
- Excursions as Listed in our Brochure

23 February 2015
4 Days
from £261



Isles of Scilly

We return to these beautiful Isles again, to enjoy the warm hospitality of the team at the 3-star Atlantic Hotel in Hugh Town on St Mary's, the fantastic granite walks, and a climate that attracts rare birds, dolphins and seals, and all year round exotic plants and flowers thrive.

Price Includes:
- Luxury Coach Travel • Door to Door Service
- Half Board • Welcome Drink
- Guided Tours of St Mary's, Tresco, St Agnes or St Martin's • Tresco Abbey Gardens

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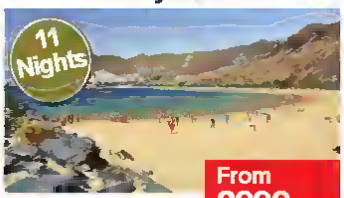


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20 November 2014



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Call us now to register your interest for this exciting presentation on 01243 871664

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Friday 24 October 2014

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PLUS if you make a Fred. Olsen cruise booking with the Sussex Cruise Club after you visit we will refund the amount paid for you day visit (terms and conditions apply)

Sussex Cruise Club
www.sussexcruiseclub.co.uk

For more information or to make a booking please call 01243 871664

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